

# Penne Pasta in Tomato Sauce

Allergens – **Gluten**

## Ingredients

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Quantity	Ingredient
500g	Penne <b>Pasta</b> (Quills) (contains <b>Wheat</b> )
1.5Kg	Chopped Tomatoes (tinned)
500g	Onions (diced)
500g	Red Peppers (fresh & diced)
150g	Tomato Puree
10g	Garlic Purée
50g	Basil



## Method

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1. Boil the pasta until 'al dente', drain and rinse.
2. Soften onions and peppers in a pan.
3. Add all other ingredients except basil.
4. Cook until onions and peppers are soft.
5. Add cooked pasta and combine all ingredients.
6. Stir in chopped basil.
7. Serve as required.

## Nutritional Content per 160g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
=124.4	= 0.7	= 0.1	= 6.4	= 0.2	= 26.4

**Portion size** - Primary – 160g

Reviewed October 2019